

Juicing vs Blending Which One Better?

People always ask what the real difference is between juicing and blending and which is better. If you are about to buy a blender or a juicer and can't decide which one to go for, this article will introduce you to the differences of these two and provide you with information you will need to unveil the answer for what is best for you.

What is the difference?

The obvious main difference between juicing and blending is the presence of pulp. Pulp is the solid material present in fruits and vegetables that gets separated when juicing, but is mixed in together when blending. You still get micro-doses of fiber in juice but they are infinitesimal when compared to the fiber dosage from smoothies. However, you still get the vitamins, minerals and other nutrients in a more concentrated form. Blending and juicing both have pros and cons and you should know already that neither is better or worse than the other.

Other differences you might want to pay attention to are the difference between the blenders and juicers you will encounter. As you may know, generally, juicer is a slightly more complexly built apparatus that requires more time in disassembling and cleaning. Not all parts of juicers are dishwasher-friendly and they may require more of your time washing as opposed to blenders. As for blenders, in this regard they tend to be easy to snap in and out. In most cases, the pitcher and the blades are the only parts you will need to clean. Thus blenders can come out as more time-saving in this aspect but we are only talking about couple of minutes. Blenders are also extra handy when we talk about saving food. Nobody wants to eat a burnished banana, but to cream it in a blender will save it from throwing it away while becoming an addition to a healthy beverage.

What is juicing?

Juice is obviously a much lighter substance to consume and easier and faster to digest. Therefore it is ideal for low-fiber diet or for people with digestive problems who want to consume something easy for the stomach. Juice provides an instant influx of the nourishment to the body and is basically pure liquid energy. The cons are that juicing may be a bit more expensive as for making a glass of juice you will be needing almost three times more volume of ingredients than you would need for blending a smoothie.

What is blending?

A blender processes all of the ingredients together at once, not one ingredient at a time as in juicing. The fiber from whatever you put in the blender is good for the digestive system. This especially applies when talking about green smoothies as the leafy greens also have a cleansing effect.

Having high RPM blenders such as Vitamix or Ninja will give you more nutrition from the fruit and vegetables you will put in. High speed rotation breaks down solid foods' cell walls and cuts through the fiber to such a degree that protein and other nutrients are much more accessible for absorption. Since the digestion of smoothies take longer, nutrients are slowly fed into your body in comparison to the quicker nutritional absorption of juices. After drinking a smoothie you may feel like you just had a meal. Smoothies are also great for making children consume their daily greens in a tasty form. Aside from making smoothies, blenders also serve different purposes such as making sauces, milkshakes and soups.

Conclusion

Smoothies are good for slow release of energy throughout the day, are more substantial and filling. Juices, on the other hand, are more hydrating and you can pack a lot more fruit and vegetables in one serving; they are incredible for instant infusion of nutrients into the body. In addition, vitamins and minerals will enter the body quicker since juice is digested faster. As mentioned above, it is a bias to think that one is better than the other. They both have their advantages and both serve their purpose. For ideal health benefits, it is good to balance them both into your diet.

Tip: include some leafy greens or vegetables while juicing or blending. Reason: juicing or blending exclusively fruit will give you comparing low amount of fiber and huge influx of sugar in the form of fructose and glucose. As a result, you get a big hit of sugar and a bigger release of insulin to deal with that.

References:

- <https://www.washington.edu/wholeu/2015/03/11/juicing-vs-blending/>
- <http://www.blenderversus.com/juicing-vs-blending/>
- <https://www.crossfitinvictus.com/blog/blending-vs-juicing/>